



Wellbeing Newsletter - Autumn, Term 2

Wellbeing Tip: Spend time in Nature!

Why not make the most of what autumn has to offer? Colours, smells, sounds... everything changes at autumn time! The golds, reds, purples, russets and oranges that provide a burst of joy before the winter months are particularly vivid this year. Spending time in nature outdoors can help improve your mood and reduce feelings of stress and anger. Try to pay attention to your surroundings and find things to see, hear, taste, smell and touch. Lots of people find that being with animals is calming and enjoyable. You could try pet-sitting or dog walking, feed birds from your window, or visit a local community farm. You can even bring nature indoors! This can give you the benefits of nature without having to go to a park or public garden. You could buy flowers, potted plants or seeds for growing on your window sill. Or you could collect natural materials from outdoors, such as leaves, flowers, feathers, and use them to decorate your living space.

Create a Journal

Sometimes children (and adults) struggle to verbalise how they feel. While you can always reassure your child that you are there to listen to them and would never dismiss their feelings, you can also remind them that there are nonverbal outlets for their emotions, like keeping a journal.

Words of affirmation

This wellbeing activity can really help build self-esteem, confidence and self-assurance. Practising words of affirmation can truly transform your child's emotional wellbeing, as it provides useful reminders of who they are and aspire to be.

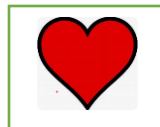
Words of affirmation can include:

I am strong.

I am valued.

I am loved.

I learn from my mistakes.



Anti-Bullying Week and Odd Socks Day

Anti-Bullying Week 2024 took place from 11 to 15 November 2024 and has the theme Choose Respect.

The week kicked off with Odd Socks Day on Tuesday 12th November, where adults and children wore odd socks to celebrate what makes us all unique. Bullying affects millions of young lives and can leave us feeling hopeless. But it doesn't have to be this way - if we challenge it, we can change it and it starts by reaching out.

This year's theme came about following consultation with teachers and pupils by the Anti-Bullying Alliance, which coordinates Anti-Bullying Week every year in England and Wales. Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.



At Western Road, we consider this to be a special week and an opportunity to celebrate not just the respect we have for each other but also the differences, and the similarities, that exist between us.

**Focus on the basics:
eat well, exercise and
go to bed on time**



ACTION FOR HAPPINESS